

FREE SERVICES

1. Free Flu Shots now available for NEP clients at the Brockville site

Starting in November 2012, anyone accessing Needle Exchange Program (NEP) services at the Brockville site (458 Laurier Boulevard) can receive the flu shot for free. After your flu shot, we will ask you to wait for 15 minutes to make sure that you are feeling ok. No appointments necessary.

Just walk in **Monday to Friday, 8:30am-4:30pm.**

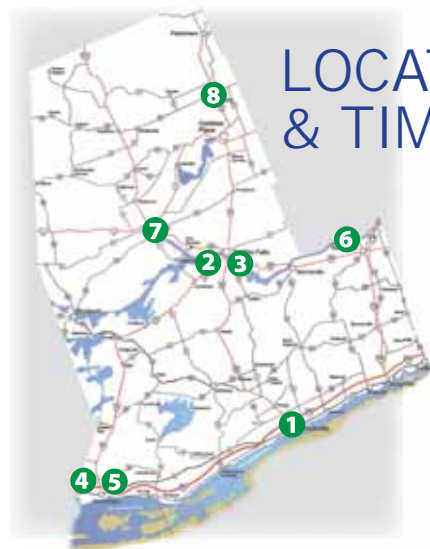
2. Walk-in Sexual Health Clinics

- Provided by the Leeds, Grenville and Lanark District Health Unit
- Free Sexually Transmitted Infection Testing and Treatment
- Low Cost Birth Control, emergency contraception, free condoms and lube
- Pregnancy Testing, Counseling and Referrals
- Pap Testing (up to age 25)

All services are provided confidentially and the services are open to any person in the community.



For information, and locations and hours of service, please contact the Health Action Line at 1-800-660-5853 or go to www.areasafe.ca



LOCATIONS & TIMES

- | | |
|--|---|
| <p>1 Brockville Health Unit
458 Laurier Blvd.
Mon – Fri: 8:30 - 4:30</p> <p>2 Smiths Falls Health Unit
25 Johnston St.
Mon – Fri: 8:30 - 4:30</p> <p>3 Change Health Care
13 William St. W.
Mon, Tues, Wed, Fri:
8:00 - 4:00
Thurs: 6:00 - 6:00
Sat, Sun, Public Holidays:
9:00 - 12 noon</p> <p>4 Gananoque Health Unit
375 William St. S.
Mon – Fri: 8:30 - 4:30</p> | <p>5 Gananoque Pharma Save
220 King St. E.
Mon – Fri: 8:00 - 7:00
Sat: 9:00 - 5:00
Sun: 10:00 - 4:00</p> <p>6 Kemptville Health Unit
8 Asa St.
Mon – Fri: 8:30 - 3:30</p> <p>7 Perth Clinic (Health Unit)
1 Sherbrooke St. W.
Mon: 10:30 – 3:30</p> <p>8 Almonte Clinic (Health Unit)
75 Spring St.
Tues: 9:00 - 4:00
Thurs: 9:00 - 12 noon
and 1:00 - 4:00</p> |
|--|---|

Dates Closed

Health Unit sites **1 2 4 6 7 8** ONLY:

- ▶ Monday, December 24, 2012
- ▶ Tuesday, December 25, 2012
- ▶ Wednesday, December 26, 2012
- ▶ Monday, December 31, 2012
- ▶ Tuesday, January 1, 2013
- ▶ Monday, February 18, 2013



DEC 2012

HEAD SPACE

News & Information you may want to know TO KEEP YOU SAFE

Services:

- ✓ All Services are Free & Confidential
- ✓ Pick Up and Return Injection Drug Using Equipment
- ✓ Education, Referrals and Counseling Offered
- ✓ Free Condoms and Safer Sex Information
- ✓ Receive your Hepatitis A, Hepatitis B, Tetanus and MMR Vaccines (Brockville Health Unit Site & Smiths Falls Change Health Care Site ONLY)
- ✓ NEW - receive your flu vaccine at the Brockville Health Unit site

Contact us at:

- 1-800-660-5853
- harmreduction@healthunit.org
- www.healthunit.org/harmreduction

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News ... things you should know

HIV and the Supreme Court:

On October 5th 2012, the Supreme Court of Canada decided that people living with HIV have a legal duty, under the criminal law, to disclose their HIV-positive status to sexual partners before having sex that poses a “realistic possibility” of HIV transmission. Not disclosing in these circumstances means a person could be convicted of aggravated assault.

At this time, the only sex that the Court has recognized as not posing a realistic possibility of HIV transmission is vaginal sex that takes place when (1) a condom is used, **AND**

(2) the person living with HIV has a low or an undetectable viral load. If both of these conditions are met, then there is no obligation under the criminal law to disclose one’s HIV status.

However, the Court has not clarified how the requirement to disclose in the case of a “realistic possibility” of transmission applies to any sexual activity other than vaginal sex.

For more information, please visit www.catie.ca or www.halco.org

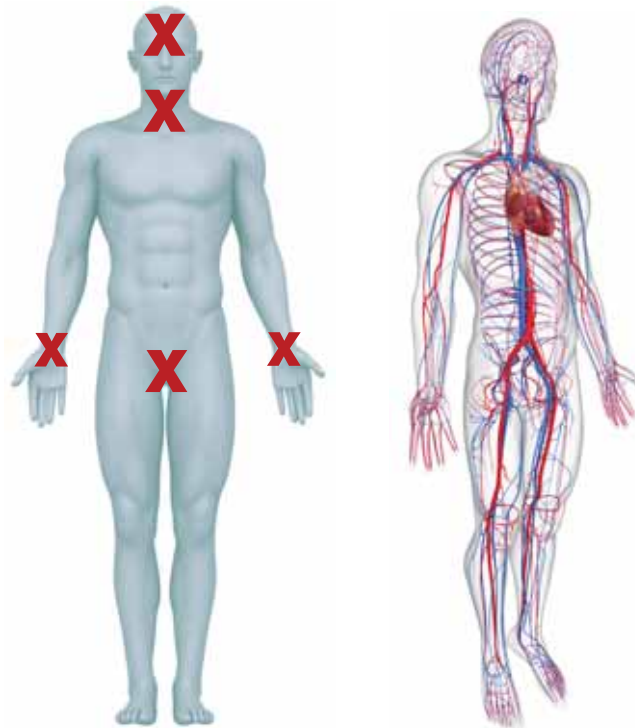
Information from: www.aidslaw.ca/publications/interfaces/downloadFile.php?ref=2083

Safer Injecting ...

Rotate Your Sites

- Make sure you are shooting up in different areas of your body (arms, legs, hands and feet).
- Learn how to shoot up using either your right hand or left hand and change it up often.
- **Never** shoot up in your head or neck, wrists and groin area. There is a higher risk of hitting an artery, hitting a nerve or overdosing.

If you have a sore, **use a different site!**



Equipment ...

Alcohol Swabs

Use a new alcohol swab every time you do a hit. Swabs should only be used to clean the skin before injecting.

Never use an alcohol swab after injecting because it will make you bleed more, increasing your risk of getting HIV or Hepatitis C.



Taking Care of Yourself ...

Septicemia?

Is an infection of your blood and can be caused by abscesses, untreated open wounds as well as using dirty equipment for injecting drugs.

Signs and Symptoms:

- Very high fever
- Feeling weak
- Rapid breathing
- Rapid heart rate
- Person looks very ill
- Confusion or other changes to mental functions
- Red spots on their skin

What to Do?

Septicemia is a serious and life threatening infection which can get worse very quickly. Go to your closest Hospital Emergency Room as soon as possible.